AL ROKER NEEDS HIS BEAUTY SLEEP

THE ANCHOR MISSED HIS FIRST SHOW IN 39 YEARS. PAGE 10

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Trash talk on the Upper East Side

Taking out the garbage. Residents near a proposed waste transfer station on East 91st Street are flexing their political muscles to try and stop the dump. PAGE 02

A proposed waste station on East 91st Street has Upper East Side residents scrambling to stop the project. Asphalt Green's executive director, Carol Tweedy, opposes the plan. / BESS ADLER, METRO

Escaped snake strangles two boys

PAGE 08

New line a shoe in for Club Monaco

PAGE 16

Sweet sips that won't sink your summer diet

PAGE 18

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NEWS

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1 'VIDEO: Cookie Monster teaches self-control by learning to wait for cookies'

2 'VIDEO: Brooklyn DA nabs ice cream truck drug dealer'

3 'NYPD investigating man found dead in Harlem apartment'

Quoted

"Mr. de Blasio's commitment to create a truly universal pre-K and after-school system is sound public policy and will have a powerful impact on reducing inequality and improving the lives of generations of New Yorkers."

George Soros, endorsing Bill de Blasio for mayor

The East 91st Street waste transfer station, which will be located next to Asphalt Green, has sparked anger on the Upper East Side. / BESS ADLER

Waste station is election hot button

Upper East Side. Residents are trying to apply political pressure to stop a proposed dump.

For opponents of the East 91st Street marine waste transfer station, planned for the Upper East Side, the election presents what might be the last opportunity to halt its construction.

"We're looking for the next mayor to stop this," said Kelly Nimmo-Guenther, president of Pledge 2 Protect, a coalition against the facility.

Of major candidates, six have signed the coalition's pledge — and opponents are hoping to make the issue stick come November.

"I think any candidate that would disrupt this — there would certainly be some blowback in other neighborhoods," said Gavin Kearney, the director of environmental justice at New York Lawyers for the Public Interest.

Still, Nimmo-Guenther and those against the facility see it as an unnecessary health risk. One of the main concerns is increased exposure to fumes from trucks that would pass by Asphalt Green, a non-profit gym, next to the trash station.

Smelly idea

"I wouldn't even have to open my mouth before they go, 'Oh no, this is not a good idea.'"

Tweedy

Asphalt Green's executive director, Carol Tweedy, invited all the candidates to come visit the gym to see where garbage trucks would pass through.

City Council Speaker and mayoral candidate Christine Quinn, a subject of much of the material handed out by opponents of the project, has said her rivals "continue to pander to residents of the Upper East Side."

Still, opponents are resilient.

Asphalt Green will spend roughly $64,000 on an ad campaign against the facility it launched last week. The campaign includes sending mailers to some 100,000 Upper East Side residents.

ANNA SANDERS
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Mayor Bloomberg warned about rising pension costs. / GETTY IMAGES

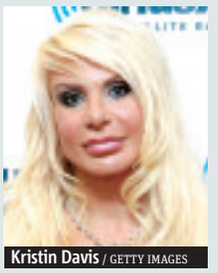
Citing Detroit. Mayor urges NYC to act on rising pension costs

Citing Detroit's filing for bankruptcy, Mayor Michael Bloomberg cautioned against the city's rising pension and health care costs in a speech at a Brooklyn incubator Tuesday.

"We would be foolish to ignore the factors that drove Detroit to bankruptcy," Bloomberg said.

This year, the city's pension costs are about $8 billion, in addition to $6.3 billion on health insurance. Some 95 percent of city employees and retirees contribute nothing to basic health care premiums, Bloomberg said. **ANNA SANDERS**

Election 2013



Kristin Davis / GETTY IMAGES

'Manhattan Madam' arrested for selling pills

Kristin Davis, the former 'Manhattan Madam' and current city comptroller candidate, was arrested Tuesday on federal charges of selling prescription pills, federal law enforcement officials said.

Davis, 38, is accused of selling drugs "to a known drug dealer on repeated occasions in exchange for cash," Manhattan U.S. Attorney Preet Bharara said.

FBI Assistant Director-in-Charge George Venizelos said Davis is charged with selling prescription medications, including oxycodone, on four occasions over four months to an informant.

He called Davis' alleged drug-dealing "especially unbecoming for a person seeking public office in the City of New York."

Davis initially gained infamy as the "Manhattan Madam" when she said she provided then-governor Eliot Spitzer with female escorts. Davis and Spitzer are both running for city comptroller, along with Manhattan Borough President Scott Stringer.

The criminal complaint details the charges against Davis. The four drug deals took place this year, according to the complaint, from January through April.

DANIELLE TCHOLAKIAN

Quoted

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Bharara

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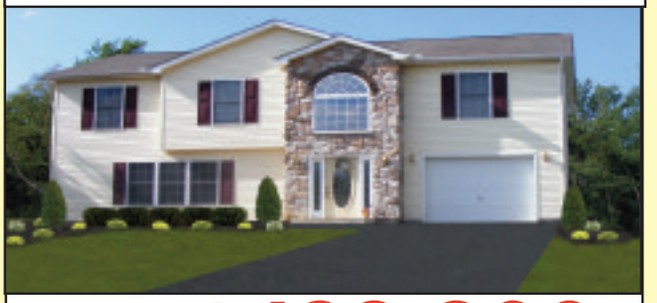

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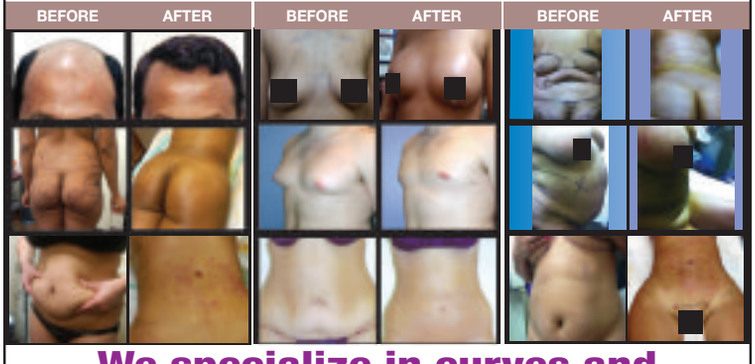

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Christine Quinn was surrounded by members of Local 32BJ SEIU when she announced the appeal. / WILLIAM ALATRISTE

Quinn vows to fight 'prevailing wage' law ruling

Fair pay. A judge struck down a law that would have raised wages for employees in buildings receiving big subsidies.

Saying this was only a "minor setback," City Council Speaker Christine Quinn and other members vowed Tuesday they would appeal a court ruling that struck down the "prevailing wage" law.

Passed by City Council last year, the legislation would have raised wages for building service employees who worked on properties receiving significant government subsidies or where the city is a major tenant.

Mayor Michael Bloomberg vetoed the legislation and his administration later sued Council over the bill in state court when his veto was overridden — two "wrong-headed" decisions, according to Quinn.

On Monday, state Judge Geoffrey D. S. Wright ruled the law was invalid because the state's minimum wage law preempted it.

"We knew that argument might be raised from day one. We're prepared for it," Quinn said.

A spokeswoman for Bloomberg, Julie Wood, said in a statement that the legislation was "ill-conceived."

"Legislation like this makes it harder for companies to invest in New York City, at a time when we need to be making it easier," Wood said.

According to Quinn, the law would benefit at least 3,000 additional workers.

Keep fighting

"Make no mistake, we will appeal and we will be victorious in our efforts."
Quinn

Worker's rights

The law would increase salaries of workers in buildings that receive substantial city subsidies.

- Councilwoman Melissa Mark-Viverito said the city shouldn't give away subsidies for buildings without giving back to workers.
- Quinn said she didn't know how long the appeal process would take.

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9 to 5. Salesman fired for posting paycheck on private Instagram

A salesman at Lacoste's flagship store in Midtown said he was fired for posting his paycheck on a private Instagram account.

After three months on the job, Wade Groom, 31, a "top sales associate" at Lacoste, was fired last Wednesday when the company's human resources division got wind of the post.

"It was more sort of an artistic and personal statement, like I'm working my ass off and it's only enough to pay for my s—y, third-world studio apartment," Groom said of the Instagram picture.

In June, Groom made $130,449 for the company — over 90 percent above his sales goal for the month. In his biggest week, he sold $39,315 of merchandise, according to internal sales documents provided to Metro.

A spokeswoman for Lacoste has not returned several email and phone requests. **ANNA SANDERS**

Quadriplegic

Cops: Brooklyn man suffocated his girlfriend

A 41-year-old man was arrested after he suffocated his quadriplegic girlfriend in the bathtub of their apartment on Sunday, police said.

Police discovered Marissa Torres, 32, in her apartment on Clymer Street.

Angelo Sanchez has been charged with murder. **LAURA SHIN**

Ex-Giant charged after wife claims he hit her

Luke Petitgout played offensive line for the New York Giants from 1999 to 2006. / GETTY IMAGES

Offensive tackle. He reportedly hit his wife with a purse and shoved her out of a car.

Former New York Giants offensive tackle Luke Petitgout surrendered to the NYPD yesterday morning and is facing charges of assault, a law enforcement official said.

Petitgout allegedly shoved his wife out of their parked car about 5:30 a.m. Friday after the couple had spent the night out celebrating their wedding anniversary. Petitgout is accused of grabbing his wife's purse and then hitting her in the head with it repeatedly before shoving her out of the car.

Police said that his wife took a taxi to the 1st Precinct stationhouse and reported the assault to officers there. She was taken to Downtown Beekman Hospital and treated for cuts, bumps and bruises to her left hand, wrist and forearm. Petitgout played college football at Notre Dame before getting drafted by the New York Giants in 1999. The 6-foot-6, 300-pound offensive tackle is retired from professional football.

DANIELLE TCHOLAKIAN
danielle.tcholakian@metro.us

Rocky relationship

Police said the couple got into an argument after Petitgout's wife accused him of infidelity.

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Vehicle strike

Drone strike kills four suspected al Qaeda militants

At least four suspected al Qaeda members were killed in a drone strike in central Yemen, local tribal leaders said yesterday, following a U.S. warning of a possible major militant attack in the region.

The Yemeni tribal leaders said five missiles struck a vehicle traveling in Maarib Province in yesterday's strike, killing all of its occupants.

State news agency Saba also said initial reports indicated that four suspected al Qaeda militants were killed in the air strike in Maarib.

Drone strikes on suspected al Qaeda targets in Yemen are usually carried out by U.S. forces, although Washington does not comment publicly on the practice.

US tells citizens in Yemen to depart immediately

High threat. Britain also withdrew all staff from its embassy in the capital Sanaa.

Yemeni soldiers control vehicles near Sanaa International Airport yesterday in Yemen. / GETTY IMAGES

The United States told its citizens in Yemen yesterday to leave immediately and airlifted out some U.S. government personnel, following warnings of potential attacks that have pushed Washington to shut diplomatic missions across the Middle East.

The poorest Arab country, Yemen is the base for Al Qaeda in the Arabian Peninsula (AQAP), one of the most active branches of the network founded by Osama bin Laden, and militants have launched attacks from there against the West.

U.S. sources have told Reuters that intercepted communication between bin Laden's successor as al Qaeda leader, Ayman al-Zawahri, and the Yemen-based wing was one part of the intelligence behind their alert last week.

Yemen is one of a handful of countries where Washington acknowledges targeting militants with strikes by drone aircraft.

The U.S. State Department's announcement urging Americans to leave the country follows a worldwide travel alert on Friday which prompted Washington to shut diplomatic missions across the Middle East and Africa. Some of its European allies have also closed their embassies in Yemen.

Restoring stability to Yemen — a country close to major shipping lanes and torn by regional and sectarian separatism and tribal violence as well as the al Qaeda insurgency — has been a priority for the United States. REUTERS

Posted

"The Department urges U.S. citizens to defer travel to Yemen and those U.S. citizens currently living in Yemen to depart immediately."

Statement posted on the U.S. State Department website

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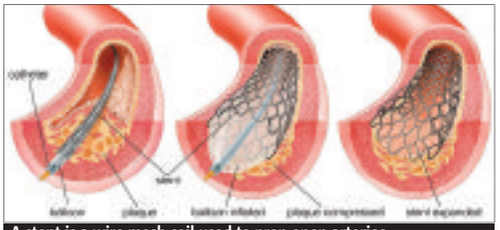
George W. Bush gets stent for blocked artery

Bush left office in January 2009. / GETTY IMAGES



A stent is a wire mesh coil used to prop open arteries after blockages have been cleared. / GETTY IMAGES

Fit to lead. Bush was known as a fitness enthusiast during his two terms in the White House.

Former U.S. president George W. Bush underwent successful surgery at a Dallas hospital yesterday to place a stent in a blocked heart artery.

Doctors discovered the blockage on Monday during Bush's annual physical at the Cooper Clinic in Dallas, according to a statement from spokesman Freddy Ford. They recommended a stent to open the blockage, and Bush, 67, underwent surgery yesterday morning at Texas Health Presbyterian Hospital, the statement said.

Bush was "in high spirits, eager to return home tomorrow and resume his normal schedule tomorrow," Ford said.

Since leaving the White House, Bush has participated three times in the 62-mile Warrior 100K bike ride along with 20 wounded military veterans.

As president, Bush introduced the Adult Fitness Challenge and the Presidential Active Lifestyle Award. The website askthetrainer.com named him the most physically fit president in U.S. history.

Typically, the procedure Bush had involves inserting a narrow, balloon-tipped tube called a catheter through a puncture in the arm or thigh and snaking it through the vascular system and into the heart.

Newer stents are usually infused with medicine that prevents scar tissue from forming and re-blocking the artery. **REUTERS**

Leak case. Judge cuts potential sentence for WikiLeaks soldier

A U.S. military judge reduced potential prison time for Pfc. Bradley Manning to 90 years from 136 years yesterday by ruling that some sentences for leaking secret files to WikiLeaks should be merged.

Court-martial Judge Col. Denise Lind convicted Manning last week on 19 criminal counts, including espionage and theft, for providing more than 700,000 secret files to WikiLeaks in the largest unauthorized release of secret data in U.S. history.

Lind ruled that some counts resulted from the same offenses and should be merged to avoid "an unreasonable multiplication of charges." **REUTERS**

Civilian workers

Pentagon near decision to cut unpaid leave

Defense Secretary Chuck Hagel announced yesterday he was slashing the amount of unpaid leave that 650,000 civilian employees were ordered to take this year from 11 days to six in an effort to limit the pain from across-the-board budget cuts.

But Hagel, in a statement, warned that persistent budget uncertainty could mean more hardship in the year to come. **REUTERS**

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Maternal milk

French woman offers service breast-feeding for gay parents

A woman has posted an offer on a French website to breast-feed babies of homosexual male couples, stirring up media interest just weeks after a divisive same-sex marriage law was passed.

The post, which the website said it verified as genuine and legal, reads: "I am a young mother in perfect health, a trained nurse of 29, and I am renting my breasts to milk-feed infants."

The offer addressed male homosexual couples, who can marry legally in France since May. REUTERS

Price

$130

The woman posted she would breast-feed for $130 a day.

View and tweet

Nielsen study links Twitter chatter with TV ratings

A frenzy of Twitter chatter about a program generally means more viewers are tuning in, while more popular shows generate more Twitter activity, a study by Nielsen has found.

The firm says that for the first time it has proved with statistical rigor what many in the media business have suspected in recent years: A show's ratings and the magnitude of its Twitter buzz are correlated.

The findings will be announced by Nielsen as it prepares to unveil a new ratings system tied to Twitter.

Nielsen and Twitter are set to begin publishing a new "Nielsen Twitter TV Rating" that measures the volume of Twitter chatter about programs.

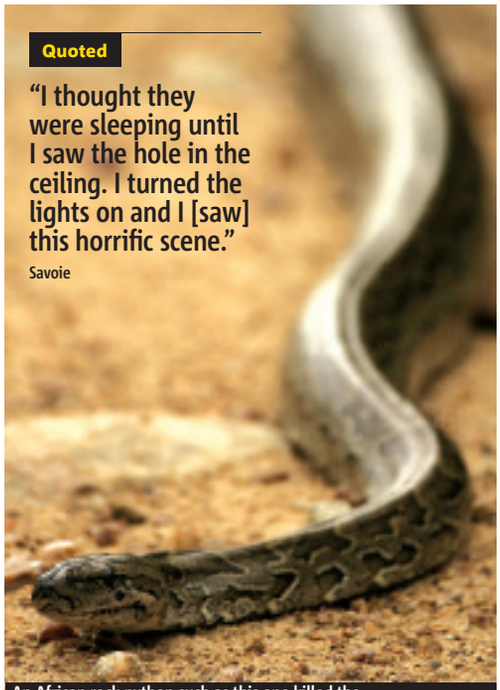
REUTERS

Python kills two Canadian boys in bed as they slept

Quoted

"I thought they were sleeping until I saw the hole in the ceiling. I turned the lights on and I [saw] this horrific scene."

Savoie



An African rock python such as this one killed the two young boys. / GETTY IMAGES

Deadly. According to the National Post, African rock pythons are known to kill humans.

Autopsies were scheduled today for two boys in New Brunswick, Canada, who were found strangled to death by a snake that escaped from an exotic pet store located beneath the apartment where they were sleeping.

According to police, the snake, an African rock python, escaped its cage at the Reptile Ocean store and got into the building's ventilation system. It then made its way to the upstairs apartment, where the young boys were having a slumber party with the son of the store's owner, Jean-Claude Savoie.

The boys, Connor and Noah Barthe, were brothers ages 5 and 7 years old.

Savoie found the boys strangled when he went to check on them Monday morning, he told Global News.

"My body is in shock. I don't know what to think," he said.

According to a statement by the Royal Canadian Mounted Police, the snake has been captured and is in police possession.

"It's very rare that pythons kill humans, but not unheard of. It occasionally happens if the circumstances are just right. Oftentimes, it's just kind of a perfect storm where you get a big hungry snake in close proximity to humans," Ian Recchio, curator of reptiles and amphibians at the Los Angeles Zoo told National Geographic.

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2

CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Judd Apatow doesn't like having so many choices.

@JuddApatow: Feels like there is too much of everything. I kind of liked it better when there were seven channels and 9 wasn't a good one.

1 Usher's son in hospital

Sad news today from Atlanta: Usher's son with ex-wife Tameka Raymond, Usher Raymond V, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the 5-year-old dove into the family pool to fish a toy caught in the drain, catching his hand and trapping him. His aunt immediately dove in but couldn't pull him out. A maid also tried to free the child. Finally, two men working on the house were able to pull him loose. Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son.

This is the last thing the Raymond family needs. Tameka's son from a previous relationship, Kile, died last year from jet-ski accident.

Usher and his son Usher Raymond V in 2011. / GETTY IMAGES

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
@dorothyatmetro
dorothy.robinson@metro.us

2 Al Roker actually overslept

After 39 years, it was bound to happen — Al Roker overslept on Tuesday morning, missing his 6 a.m. early morning show, "Wake Up With Al," on The Weather Channel.

"After 39 years, it happened," tweeted Roker, 58. "I overslept and missed a show." He did, however, make it to "Today." The morning show's host, Matt Lauer, had this quip: "I tweeted out Rip Van Roker, and I'm getting a lot of tweets back saying a lot of people though it was RIP Al Roker. Read carefully!"

EVEN AL ROKER SOMETIMES OVERSLEEPS. / GETTY IMAGES

3 Oprah: 'No one is going to call me the "N-word"'

File this under "no s—": Oprah Winfrey says no one is going to call her the N-word.

The entertainment mogul spoke to "Entertainment Tonight" about the controversy that enveloped Paula Deen. "In time she will be fine. For me, it all just felt kind of sad."

And then Winfrey spoke the truth: "Nobody in their right mind is going to call me the N-word." No kidding! Can you even imagine the fiery death of that person?!

You don't want to make Oprah angry. / FILMMAGIC

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Move over, Mickey

Here's a nice dose of adorable for your Wednesday morning. Shane Willmott of Australia is training mice to skateboard. According to Metro UK, Willmott begins training his four-legged friends "before their eyes even open," by pulling them around on tiny skateboards. He eventually upgrades them to ramps and even fire-ringed hoops. Serious question, though: Shouldn't they be wearing adorable, mouse-sized helmets? / NEWSPIX VIA GETTY IMAGES

Depp on 'The Lone Ranger' flop

After 39 years, it was bound to happen — Al Roker overslept on Tuesday morning, missing his 6 a.m. early morning show, "Wake Up With Al," on The Weather Channel.

"After 39 years, it happened," tweeted Roker, 58. "I overslept and missed a show." He did, however, make it to "Today." The morning show's host, Matt Lauer, had this quip: "I tweeted out Rip Van Roker, and I'm getting a lot of tweets back saying a lot of people though it was RIP Al Roker. Read carefully!"

WE STILL LOVE YOU, JOHNNY.
GETTY IMAGES

Talking point

Lohan moving to NYC

Lindsay Lohan is looking to turn over a new leaf post-rehab, and she's doing it in New York City. The troubled actress has reportedly been apartment hunting in SoHo, according to E! News.

"The goal is to have her sober coach live with her full-time," a source says. Her L.A.-based sober living coach — described by sources as "really fun" but "very strict" — would have to relocate to stay with his high-profile client. The two were intending to head off on a European vacation this week, but those plans have been postponed. Lohan "doesn't think it is the right thing to do," the source explains. "She is being very smart about all this."

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TV watch list

Neither of these maniacs is capable of feeling homesick. / MTV

SHARKS!

'Voodoo Sharks'

Sorry we're not sorry that we're obsessed with Shark Week. A mid-week highlight includes this exploration of Cajun fishermen hunting a shark in spooky Louisiana waters. If this turns out to be some kind of possessed ghost shark, we'll flip. **8 P.M., DSC**

FOOD

'US of Bacon'

Far be it from us to try and refute the age-old adage "everything's better with bacon." Everything is better with bacon. That's the premise of this new show, for which Chef Todd Fisher traipses across America in pursuit of everyone's favorite pig by-product. **8:30 P.M., DFH**

CRIME

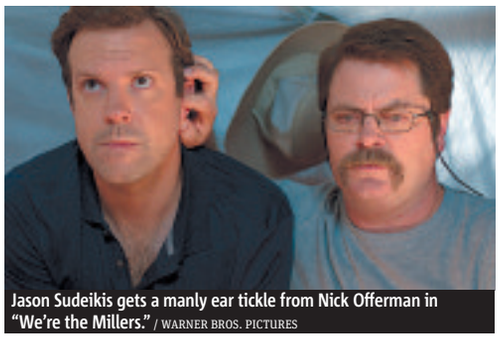
'Law & Order: UK'

Wait, wait — did you guys know there was a British version of this show? We will watch any variation of L&O so we are more than happy to add this to the roster. But how did we not KNOW? **9 P.M., BBC**

ALEXANDRA CAVALLO

Nick Offerman helps save the day (again)

Weed comedy. "We're the Millers" is a Farrelly Brothers comedy for a post-Farrelly Brothers world.



Jason Sudeikis gets a manly ear tickle from Nick Offerman in "We're the Millers." / WARNER BROS. PICTURES

Review

'We're the Millers'

Director: Rawson Marshall Thurber

Stars: Jason Sudeikis, Jennifer Aniston

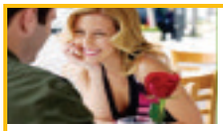
Grade: R

Marijuana slows down the reflexes, which is why it's rarely ideal for comedy. "We're the Millers" is likely the highest profile "weed comedy" ever made, but, wisely, no character gets high, even if the setup is almost the same as Cheech and Chong's "Up in Smoke."

Jason Sudeikis plays an aging, low-rent drug dealer forced to smuggle herb across the border. To better throw "the man" off his scent, he gets a bland haircut, switches to a sunnier mien and rounds up some local lowlifes — including a surly stripper (Jennifer Aniston) and a street kid (Emma Roberts) — to pose as a Winnebago-wielding suburban family.

The script for "We're the Millers" has been in development hell since the mid-aughts, which is probably why it actually has a shape, as well as a parade of old-fashioned gross-out gags. Scenes where these pros — including Nick Offerman and Kathryn Hahn as actual vacationing suburbanites — are just riffing are preferable to set pieces where, say, a poisonous spider bite enlarges the testicles of the nice guy virgin "son" ("Son of Rambow"'s ace Will Poulter). But even these sequences have a pleasing form, thanks to the performers and director Rawson Marshall Thurber, who, as in "Dodgeball," doesn't know how to make a comedy pretty but does know how to pace jokes, gags and sequences.

MATT PRIGGE
matt.prigge@metro.us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The most expensive property this week is a condo in the Time Warner Center at 25 Columbus Circle. Marketed by Corcoran, this three-bedroom, five-and-a-half-bath unit spans nearly 4,000 square feet and offers floor-to-ceiling windows with views of Central Park and the Hudson River.

Cheapest

$260K

The least expensive property this week is a co-op in The Cherokee at 517 E. 77th St. Marketed by Elliman, this junior one-bedroom offers hardwood floors and high ceilings. Building amenities include a courtyard, live-in super and laundry.

Streeteasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

STREET EASY

Old Ridley store sells for $27M

Real estate. The former department store on the LES might be a condo.

Michael DeCheser and the Orchard Street store at Orchard and Grand streets on the LES. / THE REAL DEAL

A developer known for converting old buildings into condominiums has paid $27 million for the former Ridley Department Store on the Lower East Side, according to public records filed with the city today.

Orchard Street Equities, LLC, listed on public records as in the care of developer Jackie Jangana's Great Neck-based company Continental Worsteds, closed on the Orchard Street deal on July 22; Continental's projects include the condo conversion of Tribeca's 46 Lispenard St., which sold out last year.

Joel Schreiber's Waterbridge Capital is a partner on the deal. The Ridley store is part of a package of buildings including 57 Orchard St., 59-63 Orchard St. and 319 Grand St., which comprise 320 feet of retail frontage in the neighborhood. It had been listed for sale by Massey Knakal Realty Services' Michael DeCheser, Darragh Clarke and Mei Ling Wong. The team was not immediately available for comment.

KATHERINE CLARKE

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3 Anthropologie Sailboat wall hook, $58, www.anthropologie.com

4 Up Country Anchors indoor pet futon, $54-$90, www.upcountryinc.com

5 DENY Designs Anderson Design Group Anchors Away fabric shower curtain, $99.99, www.kohls.com

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Club Monaco launches shoes

Shopping. The brand's debut has leopard-print sandals and shiny slippers.

Club Monaco, our go-to for sophisticated pieces that look polished and cool at the workplace and beyond, just dipped its toes into footwear. On Monday, the brand launched a collection of shoes online that are handmade in Italy and range in price from $198.50 to $395.

"The strongest part is the quality," says Caroline Belhumeur, senior vice president of women's design. "The collection is distinguished by both the superior materials and craftsmanship."

Also high on Belhumeur's requirements: timeless designs.

Luxe materials including calf hair and python were used to create staples such as perfect-for-the-office pumps and pointy-toe flats.

"The best trend is a shoe that is classic," says Belhumeur. "Just like our apparel line, our shoes can work this season and still be worn seasons from now."

CASEY SANDAL, $298

APRIL PUMP, $249

MACKENZIE SLIPPER, $198.50

TINA CHADHA
tina.chadha@metro.us

Q&A

Well-heeled

What was the inspiration for the shoe collection?
Consumers have a mild shoe obsession — and our customer has always asked us if they could buy the shoes we used in our lookbook and campaigns, so we figured why not make our own collection. We had a clear idea on the type of shapes we wanted and how they should fit — clean, timeless, chic shapes where we play with texture and color.

What styles do you think will be the most popular, and why?
The April pump was a strong aspect of the collection; it's a classic with a timeless shape. This shoe style can make skinny pants and skirts look fresh. I also love the Casey sandal. You can pair it with fuller skirts, and the style allows you to play with pattern and texture without overdoing the look.

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Melons

What's summer without some sweet, juicy melon? Thanks to the high water content of watermelon, cantaloupe and honeydew, these produce picks help to fill you up — without filling you out. Cut them up into cubes or get fancy with a melon-baller and serve as a refreshing fruit salad. I like to stick them on skewers along with grapes and freeze — these "frozen melon kabobs" are a big hit at parties!

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Unlike winter varieties, summer squash is low in carbs and calories. Zucchini and yellow squash are the most common types, and both are excellent sources of vitamin C, lutein and zeaxanthin — antioxidants responsible for keeping eyesight sharp and immune systems strong. Throw them on the grill with some garlic and olive oil for an easy side dish, or chop them into a pasta salad for added crunch.

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Blueberries: small in size, big on benefits. / GETTY IMAGES, FUSE

Peaches

Succulent and sweet, this fuzzy stone fruit is loaded with bloat-fighting potassium, skin-enhancing vitamin C and weight-controlling fiber — three nutrients that help you feel your best on the beach. Though eating a delicious peach straight from the fruit bowl is plenty tasty, try grilling peaches to take the flavor to a whole new level. Add some vanilla fro-yo and you have an indulgent dessert.

Avocado

One of my favorite ways to enjoy this nutrient-rich superfruit (yes, it's technically a fruit) is sliced, drizzled with lime juice, and sprinkled with a touch of coarse sea salt. You can also use avocado in place of mayonnaise in tuna salads, as a topping for turkey burgers or simply in a refreshing summer salad. Avocado is best known for its heart-healthy monounsaturated fat, but it also has amazing 14 grams of fiber in each package.

Swiss chard

This potent, dark, leafy green contains a substantial amount of magnesium and potassium — minerals essential to managing blood pressure and preventing osteoporosis. Similar in taste to spinach, low in calories and high in nutrients, Swiss chard is a great option to help round out your next meal. Try it in a summer salad, tucked in a sandwich wrap or simply sauteed.

For smart slim-down tips and recipes visit www.joybauer.com and follow Joy on Facebook, Twitter (@joybauer) and Pinterest (JoyBauerHealth).

Summer cocktails without the guilt

Caloriecount.com estimates that a pina colada clocks in at 526 cals. Visit www.metro.us for more light cocktail ideas. / PHOTODISC

Drinks. How to indulge in a waist-friendly thirst quencher.

A night on a bar stool can mean the undoing of your diet, not to mention a way to let unhealthy sugar into your body. (Or too much alcohol, for that matter.)

Pamela Wiznitzer, mixologist at NYC's buzzy Dead Rabbit Cocktail Lounge, is also the resident expert mixologist for Weight Watchers. Wiznitzer creates lightened up versions of tasty drinks for the brand's point system.

"You don't need a million things for a good drink," she says. "You need two or three that are fresh and flavorsome."

Many liquors contain about 70 calories per fluid ounce. But extra add-ons like sugar and cream come with calories. Wiznitzer favors zero-calorie sweeteners instead of sugar, coconut milk instead of cream in pina coladas, and fresh fruit juices instead of sugary mixes.

Summer is also a great time to mix up a cocktail incorporating vibrant ingredients of the season, Wiznitzer says. Hit the farmers market for inspiration, as: "There's so much fresh produce," she says.

To enjoy your cocktail without going overboard, slow down your pace, Wiznitzer says.

"In hot weather, there's the tendency to suck it down, but take a minute to enjoy each sip," she instructs. "Order a glass of water before you've finished. … It slows you down and you might think, 'Do I need another cocktail?'"

LINDA CLARKE
letters@metro.us

Try this

Wiznitzer created a slew of cocktails for the Weight Watchers PointsPlus system, like this one:

Tropical Breeze – WW PointsPlus value: 3

1.5 oz. Malibu Island Spiced Rum
1 oz. Orange-flavored Vita Coco Coconut Water
1 oz. pineapple juice
1 tsp. sugar-free orange marmalade

Like a dairy-free pina colada, this drink will satisfy your sweet tooth without undoing your day. Shake all ingredients together in a shaker and strain over ice in a lowball glass. Garnish with a stick of pineapple and orange slice.

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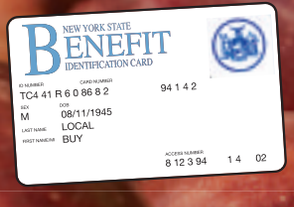

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Horoscope

♌ Leo | July 23-Aug. 22. Be extremely careful as to how you delegate. If you select the wrong person, you could end up with a big mess.

♍ Virgo | Aug. 23-Sept. 22. Don't let yourself get drawn into a disagreement between two friends. Regardless of which pal you side up with, your involvement will only cause more trouble.

♎ Libra | Sept. 23-Oct. 22. Just because things are going smoothly at present, don't be indifferent to an important matter.

♏ Scorpio | Oct. 23-Nov. 21. It's always smart to be extra careful about what you put in writing and to keep close track of the details of past agreements. Tread carefully.

♐ Sagittarius | Nov. 22-Dec. 21. Don't look for much help regarding a financial problem. You'll have to take care of matters.

♑ Capricorn | Dec. 22-Jan 20. If you're thinking about teaming up with somebody for a special endeavor, be sure that your partner can make a worthwhile contribution.

♒ Aquarius | Jan. 21-Feb 18. This might not be a good day to get involved in something that requires total concentration and consistency.

♓ Pisces | Feb. 19-March 20. If you're reluctant to attend a social function, it might be better to pass it up rather than go and make a bad impression.

♈ Aries | March 21-April 20. Don't depend on Lady Luck to intervene and help you out; you're on your own this time. If you hope to get what you want, roll up your sleeves.

♉ Taurus | April 21-May 21. It's best that you keep your trap shut today because there is a good chance your comments will be misconstrued.

♊ Gemini | May 22-June 20. More discipline than usual might be required if you're going to stay on budget. Extravagant urges could easily overpower you.

♋ Cancer | June 21-July 22. If you find yourself making a legal commitment, be sure to get the very best counsel available. It's not wise to depend on your judgment. BERNICE BEDE OSOL

Sudoku: Easy and hard

8	4			6	3			
6				1				8
							6	3
2		7			9	5		1
3								7
4		5	7			8		9
7	8							
1				9				2
			2	5			1	6

4			2	3			9	7
	3		8					4
				9			1	
	9	5	6			7	4	
	4	7			8	6	2	
	5			8				
3					2		7	
2	1			7	9			8

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

A classic that was just dying for a sequel

Re: 'Where "Romeo and Juliet" ended' (Metro, Aug. 6) I just wanted to thank you guys for putting the "Romeo and Juliet" sequel on the front page yesterday. Everything in that article from the name of the book ("Still Star-Crossed"... was "Romeo's Revenge" already taken?) to the author's indication that she "didn't do as much research as you might think" had me laughing all through my subway ride.

Personally, I've always thought "Romeo and Juliet" ended on a bit of an unfinished note, what with the two main characters dead and everything.

Thank goodness someone FINALLY took the time to finish Shakespeare's most obviously incomplete story line. COMEDY GOLD!

TONY NGUYEN, VIA EMAIL

A-Rod's ship is sunk

Alex Rodriguez's big mouth has gotten him in trouble again. He spoke in a negative way toward MLB and Yankees management. I served in the U.S. Navy, and we had a slogan that says, "Loose lips sink ships." This I believe applies to Alex Rodriguez, who suffers from bad choices, along with not knowing when to shut up. His ship has now sailed and is now suspended. What a shame. He had so much he could have given to the game and instead shamed the name of the game. Our youth must be greatly disappointed that another role model has cheated to win fame and fortune. Baseball greats of the past must be looking down from that big diamond in the sky with tears in their eyes saying, "Say it ain't so, A-Rod!"

FREDERICK R. BEDELL JR., VIA EMAIL

letters@metro.us

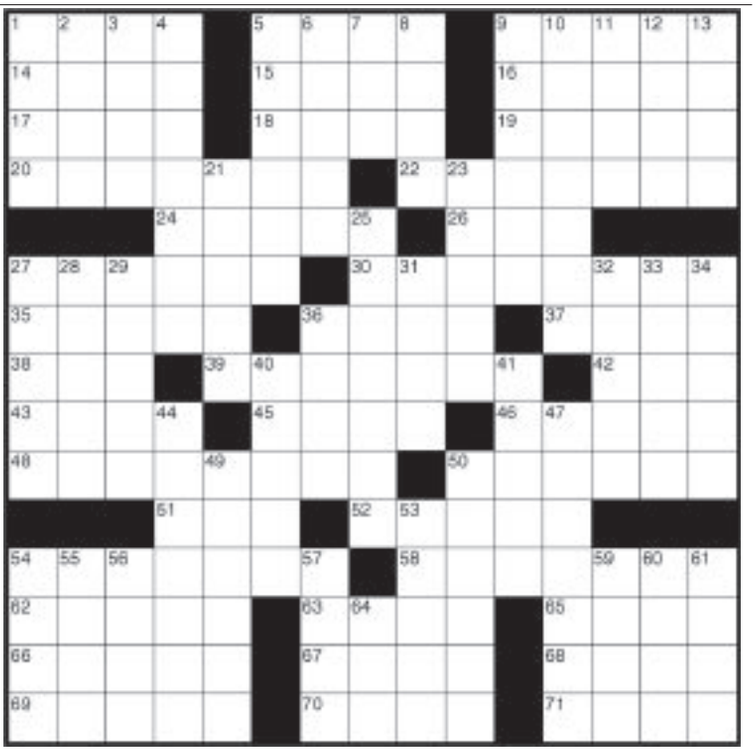
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Horror flick staple
5 Aussie rock group
9 Gymnast's stickum
14 Hubbard of sci-fi (2 wds.)
15 Crazy
16 Rust or patina
17 Bed-and-breakfasts
18 Dapper
19 Range sizes
20 Casual chair
22 Expressions
24 Mr. Goldfinger
26 Above, in verse
27 Disdains
30 Stint in the pen (2 wds.)
35 Held dear
36 Shift or cope
37 Where Socrates strolled
38 Polar cap
39 Wire-haired pooch
42 Part of GPA
43 Yardstick
45 Claw or talon
46 Kate's sitcom friend
48 Arches, maybe
50 Dingier
51 Medico
52 Pores
54 Wild felines
58 Bogs
62 Did road work
63 Tax pros
65 Dame — Chaplin
66 Cards above deuces
67 Long sighs
68 Furry Jedi ally
69 Brash
70 Waiter's burden
71 Lox locale

Down
1 Smug
2 Sarah — Jewett
3 Gossipy Barrett
4 Trap
5 Hitching posts?
6 Welsh dog
7 601, to Caesar
8 Free pass
9 Laughed heartily
10 Low-tech haulers
11 Business salutation
12 — fixe
13 Monster's loch
21 Cake-pan type
23 Throng
25 Treasure
27 Open-back shoe
28 Hot drink
29 In plain view
31 Indigo dye
32 Tiber's country
33 Blockbuster
34 Rah-rah
36 Skirmish
40 Pass, in Congress
41 Less cooked
44 Jumbles
47 Practiced for a rodeo
49 Grovelike
50 Slick
53 Insurance center
54 Makes choices
55 Irene of "Fame"
56 Nights, in classifieds
57 A word to kitty
59 Sewing machine inventor
60 Organic compound
61 Wine served warm
64 Golf score

Yesterday's answer



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3 SPORTS

Watch online

Find video and recap of the Mets-Rockies game and the debut of Wilmer Flores at: **Metro.us/sports.**

Corner's back

Thomas welcomed back to team

The Giants activated two players from the physically unable to perform list on Tuesday, including Terrell Thomas.

The corner has missed the entirety of the last two seasons with torn ACLs, but is eager to prove he can still be the top-flight player he was in 2010.

"I've been waiting for this moment, and I think it's natural to be nervous because I haven't played in so long. After tearing your ACL, it's kind of a drag," Thomas said. "I'm just excited to have this opportunity to prove a lot of doubters wrong."

There was some thought Thomas would play safety due to his diminished speed, but head coach Tom Coughlin said he'll play cornerback. **METRO**

Sanchez starts Friday, Smith will play early

Geno Smith won't start the preseason opener, but he'll likely see more time than Sanchez. / GETTY IMAGES

NFL. The Jets will give both of their QBs some time with the starters.

Mark Sanchez will get the start on Friday night when the Jets take on the Lions in the preseason opener, but it will likely be Geno Smith who will get more time on the field.

The incumbent Sanchez and the rookie Smith have been engaged in a quarterback competition that has turned into a dead heat since the start of training camp. Head coach Rex Ryan announced yesterday afternoon Sanchez will be the starter against the Lions.

Now entering his fifth year in the league, Sanchez has begun every season as the team's starter and has never faced a true quarterback competition.

"It's been an even competition. We've been rotating days and things like that. Certainly, Mark is the incumbent," Ryan said. "The competition starts off and we'll see where it goes from here, but it seemed like the natural thing [to start Sanchez]."

Quoted

"The preseason doesn't end after this first preseason game. ... We said this was going to be an equal competition."
Ryan

KRISTIAN DYER
sports@metro.us

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NBA schedule

Nets open with Cavaliers, Knicks at Bulls

The NBA released 2013-14 team schedules last night, giving fans the opportunity to see when the new-look Nets will first take the court.

Kevin Garnett, Paul Pierce and crew open Oct. 30 at Cleveland. Two days later, they host the defending-champion Heat.

Brooklyn hosts a home-and-home series with Boston on Dec. 10 and 11.

The Knicks, meanwhile, host the Bucks in their season opener on Oct. 30.

The Knicks and Nets have their first head-to-head meeting in Brooklyn on Dec. 5. **MARK OSBORNE**

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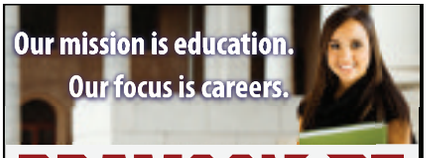

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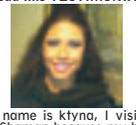

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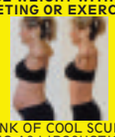

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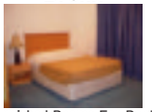

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Queens County Supreme Court, IRENEUSZ MASLANKA V. KATARZYNA CIESLA, Index no. 15578/2012

LET, KATARZYNA CIESLA, the Defendant herein, and **IRENEUSZ MASLANKA,** the Plaintiff herein show cause before this Court at Part 51, Rm 21 thereof to be held at the Courthouse located at **88-11 Sutphin Blvd, Jamaica, New York 11435 on September 11, 2013 at 9:30 a.m.** or soon thereafter as the parties can be heard, why an Order should not be made and entered granting the movant the following relief:

A) An Order appointing **ADAM CIESLA** as Guardian *Ad Litem* for the Defendant, **KATARZYNA CIESLA** pursuant to CPLR Section 1201 and permitting him to represent the Defendant's best interest in herein matter.

B) An order staying, or in the alternative, modifying the Defendant's child support obligation in the instant matter until further order of the Court.

C) Such other and further relief as the Court may deem just and proper.

ORDERED, that the Defendant KATARZYNA CIESLA must appear in court, in person on the date at the place above indicated.

Hon. Pam Jackman Brown

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